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On the cover

Photo by SSgt. Steve Ball

(Clockwise from front left) Clive Dunne, firefighter; Tony Starr, civil engineer foreman; Martin Freeman, sports director; James Taylor, British staff recruiter; Dave Bracey, telecommunications technical officer and Susan Smyth, multiservice unit administration officer represent the variety of positions Ministry of Defence employees fill in the Liberty Wing. For more on the role MOD employees play in the Liberty Wing, see pages 12 -13.

Image important part of military members' lives

By TSgt. Ruben Teruel
48th Supply Squadron

Proper dress and appearance will always be a big part of every military member's life.

The four elements of neatness, cleanliness, safety and military image are the factors that must be met in accordance with Air Force instructions. All of us, most especially supervisors, should ensure that these four elements are enforced with the major emphasis on military image.

Military image will always be the most critical factor on how we present ourselves to those we come in contact with. If we fail to meet the standards in AFI 36-2903, "Dress and Personal Appearance of Air Force Personnel," we bring disgrace not only to ourselves but to the Air Force.

How we look and how we present ourselves will create an everlasting impression in the eyes and minds of everyone, especially the curious public. We cannot maintain a good military image unless we follow the standards and keep up to date with changes to the AFIs.

All of us must take pride in our chosen profession and maintain a professional military image. Wearing unshined shoes and wrinkled uniforms, walking around with an unbuttoned shirt, unzipped jacket, with hands in pockets or failing to maintain proper grooming standards are a few of the things we must watch for.

Not only should we take a look at ourselves but we should keep an eye out for others and correct them when we see something wrong. Conforming to the standards and ensuring others do is the only way we can present a professional military image.

Thank you Liberty Wing

... from the Haggetts

To all 48th Fighter Wing staff members, their families, the 48th Mission Support Squadron, the booster club and our friends:

How do we put into words the many special thanks that we want to share with all of you? You all made a very difficult time for our family much more bearable and our holidays less stressful. Everything from your words of encouragement and prayers to the decorated tree and gifts were so much more than we ever expected. We were overwhelmed with your thoughtfulness. The "Christmas spirit" definitely touched our home. We are grateful to have all of you, our "Lakenheath family."

With special thanks and God's blessings,
Steve, Lisa, Cory and Craig Haggett

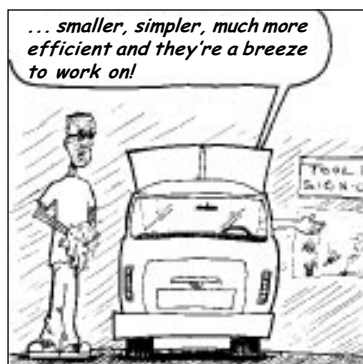
Editor's note: TSgt. Steve Haggett, 352nd Special Operations Squadron, suffered a heart attack Nov. 30 just 10 days

before the Haggetts were due to PCS to Offutt AFB, Neb. TSgt. Lisa Haggett works in the 48th Fighter Wing command section.

... from the first sergeants

Members of the 48th Fighter Wing First Sergeants Association sincerely thank the RAFs Lakenheath and Mildenhall communities for your outstanding generosity during the holiday food drive and fund raising campaign. Through the Good Sam food drive we were able to assist more than 186 families with a total of more than 400 bags of groceries. With support from individual donations to the bell-ringers at the base exchange, contributions from the enlisted spouses club, the officers' wives club, the chapel, the chief's group and other organizations throughout the wing, we were able to give more than 400 checks totaling more than \$12,000 to wing members. Thanks again for helping us help each other.

Sgt. Scratchie



By SrA. Michael Witmer

Out-of-cycle DEROS extension requests on rise

By Capt. Patrick Ryder
Public affairs

Personnel officials here are battling a significant increase recently in the number of out-of-cycle date of return from overseas extension requests.

The increase spells more work for service members and military personnel officials and could delay people's replacements from their permanent-change-of-station to RAF Lakenheath.

This is a problem because processing these requests doubles the workload of everyone involved, said Capt. Julie Boit, 48th Military Personnel Flight commander.

"Extra paperwork by the member, group (commanders), squadron commanders and the MPF must be done. Furthermore, requests of this type are not guaranteed," Boit said. "The Air Force Personnel Center is the approving authority for all changes to DEROS, and if it doesn't meet the requirements for out-of-cycle requests, it probably won't be approved."

No one's sure exactly why, but the recent increase in requested out-of-cycle extensions, which almost doubled in the last six months, has occurred despite the MPF's best efforts to keep them low, said 1st Lt. Becky Knapp, 48th MPF relocations and employment chief. What's worse,

the late requests often affect people's replacements.

"It's like a chain effect," said Knapp. "Last minute DEROS extensions can result in (a person's) replacement and their family being diverted to another location. This ripple effect then continues on with the replacement's replacement and so on."

The result is an increase in PCS costs for the individuals involved and the Air Force, said Knapp.

Every military member assigned to the 48th Fighter Wing receives a "DEROS option RIP" with a suspense about 12 to 13 months before they're due to depart, according to Boit. Members are given the option to maintain their original DEROS, extend their DEROS in monthly increments for one - 36 months, do an in-place consecutive overseas tour or elect for an indefinite DEROS.

"Any DEROS requests or corrections made after the suspense date are considered out-of-cycle requests," she explained. "Out-of-cycle requests can only be considered for unique mission requirements or humanitarian reasons, and must be approved by the support group commander."

All requests are then forwarded to United States Air Forces in Europe (Headquarters), with the AFPC as the final approval au-

Wing names Top Guns

The wing weapons and tactics flight recently announced the names of the Liberty Wing's Top Guns for the past six months.

"Pilots' and weapons system officers' performances are rated in many categories," said Capt. Alex DeFazio, chief of weapons and tactics air-to-ground division. "We compile their results every six months to determine who the wing's top flyers are. Top Gun winners display a consistent high level of performance in both air-to-ground and air-to-air events."

The following are the current 48th Fighter Wing top guns:

Air-to-Ground Top Gun

Low angle-low drag	Lt. Col. George Doran, 492nd FS
Low angle-high drag	Maj. Charles Robinson, 492nd FS
Systems laydown	1st Lt. Mike Webb, 494th FS
Loft	Maj. Dwight Mentzer, 48th OSS
Overall pilot	Lt. Col. George Doran, 492nd FS
Overall weapon system officer	1st Lt. Mike Webb, 494th FS
Top flight	A Flight, 492nd FS

Air-to-Air Top Gun

F-15C wingman	Capt. Jim Dutton, 493rd FS
F-15C two-ship flight lead	Capt. Dean Tremps, 493rd FS
F-15C four-ship flight lead	Capt. Reed Drake, 493rd FS
F-15E pilot	Capt. Chris Knehans, 492nd FS
F-15E weapon system officer	Capt. Mike Quintini, 494th FS
F-15C flight	D Flight, 493rd FS
F-15E flight	E Flight, 494th FS

thority, Boit added.

However, there's a way to ensure that service members and the MPF don't encounter these difficult problems, said Knapp.

"A proactive approach on the part of the member, supervisors, commanders and the orderly room can help fix the problem," said the lieutenant. "The member must make the decision to stay or go when the DEROS option RIP comes out, not later. They need to

research their options ... and if they have questions, ask their orderly room and the MPF.

"It's crucial that the military member make an informed decision," she said. "One that's best for them, their career and their family."

Anyone with any questions about DEROS extensions can call their unit orderly room or 48th MPF customer service at Ext. 1845.



Photo courtesy of Stars & Stripes

Youth center grand opening

Maj. Gen. Tad Oelstrom, 3rd Air Force commander, and Taylor Hermes, cut the ribbon at the youth center grand opening Saturday. More than 1500 people attended the event, according to 48th Services Squadron officials.

"What a great day this is for the families of RAF Lakenheath and this whole military community," said Col. Doug Richardson, 48th Fighter Wing commander. "Lt. Col. Steve Zander and his civil engineers, working closely with the contractor and site manager, Graham Kirk, pulled off a superb finished product far ahead of schedule. I think this (youth center) represents the epitome of good non-appropriated fund management, and I commend Lt. Col. Michael O'Dell and the 48th SVS for making it happen. What a great place this is for our kids to learn, play and grow."

Liberty Wing merges planning units

By Capt. Patrick Ryder
Public affairs

A new wing staff agency was formed here when the 48th Fighter Wing recently restructured the way it creates and reviews plans base-wide.

Both planning flights from the 48th Operations Group and the 48th Logistics Group merged Jan. 15 and are now the 48th Fighter Wing Plans Office.

"It's been done at a couple of other bases and at Air Combat Command, so a bit of precedence has been set," said Maj. Bob Lemmon, 48th plans chief.

The move was the result of a study conducted last summer by wing officials to determine what the effect would be for planning across the wing, according to the major.

The unit's mission is ensuring all 48th FW

plans are properly composed and coordinated before they're approved by the wing commander and tested in the field.

"In the past, what we've had was the LG or support group that had a plan that they've owned," said Lemmon. "They've been able to write that plan in a vacuum, based on what goes on in the LG or the OG or the support areas."

Because the plans belonged to different groups around base, a unit didn't have to ask permission or coordinate their plans through other units that may be affected, he said.

The new plans office changes all that by becoming the focal point and clearinghouse for wing plans.

"It really is a nice setup," said 1st Lt. Shannon Rogers, 48th deputy installation deployment officer. "Everybody knows when there's a problem dealing with mobility, plans, war readiness materiel or support agreements, they go straight to the XP. It cuts out the middlemen."

From this point forward, all plans in the wing must go through the XP office before being approved by the wing commander, said Lemmon.

"It should standardize the format plans are in," he said. That's important because of the number of wing plans.

"(The wing) has a huge amount of plans," said Lemmon. "We're in the neighborhood of more than 300 plans that we touch — probably 40 or 50 — that we deal with all the time."

Although Lemmon officially began work as the plans chief in November, the final touches are still being made to bring the staff agency online. Ten people from the 48th Operations Support Squadron plans flight and nine from the

48th Logistics Support Squadron plans flight recently transferred to the unit, but now they must wait for office space, computers and equipment. All 20 XP members are scheduled to move in mid-February to Bldg. 1159, near the 48th Security Police Squadron.

The biggest challenge, however, won't be setting up shop. It'll be trying to take two units that ran smoothly on their own and make them better, according to Lemmon.

"My biggest challenge is to take (the LSS plans flight and OSS plans flight) and put them together ... to make that a better office than it was as two singles," said the major. The challenge is to put them together and have synergy take hold

and affect the wing in a positive manner.

Although it appears the consolidation of wing plans means the 48th OG and 48th LG lose staff members, it shouldn't be seen that way, said Capt. Jerry Weihe, 48th Plans installation deployment chief.

"The groups aren't losing a staff," said the captain. "The wing is gaining a consolidated and efficient function."

Two other plans office functions will be to provide the wing's battle staff mission director and serve as a central storehouse for exercise and deployment continuity.

Traditionally, the 48th OSS commander served as the command post's battle staff

mission director during contingencies, deployments or exercises. But, the duty took away precious time the commander and his operations officer needed to fulfill squadron duties, said Lemmon. Now, the plans chief and his deputy will assume this role, allowing the 48th OSS commander to focus on his primary command responsibilities.

The plans office will also store wing continuity information developed from various exercises and deployments, something not always done.

"We'd get back (from a deployment), somebody would write a trip report and it would get stuck in somebody's drawer," explained Lemmon. That often meant valuable information wasn't shared with other wing members.

"So we're going to become the repository for all those kinds of documentation," he said. "The next time somebody's going to someplace, whether it be Zaragoza, Red Flag, or Maple Flag ... we're going to be able to have some kind of smarts set up so that (we can say), 'yeah, here it is, here's what happened (on that deployment).'"

Despite the tough obstacles of consolidation, procuring equipment and standardizing hundreds of dynamic wing plans, Lemmon emphasized that the mission of the new wing agency is clear.

"We're here to serve the 48th FW and make a positive contribution," he said. "And thanks to the outstanding people in our unit and the support we've received from across the wing, we'll do just that."

"Everybody knows when there's a problem dealing with mobility, plans, war readiness materiel or support agreements, they go straight to the XP. It cuts out the middlemen."

***1st Lt. Shannon Rogers
Deputy installation deployment officer***



Celebrating Dr. Martin Luther King Jr.

Photo by A1C Robert H. Gerlach

(From left) Capt. Sharon Solomon and her husband SSgt. Ralph Solomon talk with Col. Mary Saunders, Air Force director of transportation, following her presentation at the Dr. Martin Luther King Jr. Birthday Celebration Banquet Sunday at the officers' club. More than 180 people attended the event.

Private use of government e-mail

By SMSgt. Jim Katzaman
Air Force News Service

WASHINGTON — Some personal electronic mail is OK. Engaging in illegal activity on the Internet is not. Between those extremes, people sometimes wonder where to draw the line.

Now, courtesy of the Air Force, comes "rules of the road" for those out on the increasingly crowded information highway. These can be found in a new instruction, AFI 33-119, E-Mail Management and Use, due to the field early this year.

"If used properly, e-mail is a superb tool to complement and improve our communications," said Lt. Col. Frank McGovern, chief of Air Force communications and information policy at the Pentagon. "However, just like other forms of communication, such as the telephone or correspondence, there is a potential for abuse.

"All Department of Defense civilian employees and military personnel are accountable for the con-

tent of the e-mail messages they send," McGovern said.

Air Force e-mail systems are provided to support Air Force missions, the colonel said. So people "must use e-mail for official, authorized and ethical activities in the best interests of the Air Force."

Some personal use of e-mail is authorized. The first supervisor who is a commissioned officer or civilian above GS/GM-11 in a worker's chain of command or supervision can authorize the extent of personal e-mail use.

However, supervisors do not have complete discretion in the matter. They must look to the joint ethics regulation, the new Air Force instruction and any major-command or unified combatant command policies for specific guidance.

Official use, the colonel said, includes emergency communications and communications deemed necessary in the interest of the government. For instance, to boost morale and welfare, theater commanders may approve communications by military members and

other DOD employees deployed for extended periods away from home on official business.

McGovern noted some examples of authorized personal e-mail use:

- Brief communications made by DOD employees while traveling on government business to notify family members of official transportation or schedule changes.

- Personal communications from the DOD employee's usual work place most reasonably made from work. This includes checking in with a spouse or minor children; scheduling doctor and auto or home repair appointments; brief internet searches and e-mailing directions to visiting relatives.

Personal e-mail should not interfere with performance of official duties, McGovern said. It should be brief and made during an employee's personal time whenever possible. He stressed that all e-mail communications should be polite, respectful and professional. Profanity is never appropriate.

"The basic standards for em-

ploying e-mail are common sense, common decency and civility," McGovern said. "This includes following traditional military protocols and courtesies.

"Do not use e-mail for purposes that reflect adversely on the Air Force," he said. He listed examples such as pornography, chain letters, unofficial advertising, soliciting or selling and other uses incompatible with public service.

An example of improper use of e-mail includes sending or forwarding disparaging or derogatory comments attacking someone's character or integrity. These types of e-mail messages conflict with the Air Force's high ethical standards.

"As a rule, the content of your e-mail messages should follow the same basic guidelines we use with other communications media," McGovern said.

Federal civilian employees and military personnel must also abide by other e-mail edicts.

These and other more detailed rules of the road will appear in the new Air Force instruction.

Ads

EQUAL set for release Feb. 4

RANDOLPH AFB, Texas (AFNS) — The newest Enlisted Quarterly Assignment Listing of available enlisted assignments overseas arrives at military personnel flights and on the Air Force Personnel Center's World Wide Web home page Feb. 4.

This list includes assignments for overseas job openings during the October - December time frame.

Personnel officials recommend people update assignment preferences by Feb. 21, to ensure the information is updated in the computer system before actual assignments are released March 24.

EQUAL advertises upcoming assignment requirements, by Air Force Specialty Code and rank, and gives people a chance to update their assignment preferences to match vacancies in a particular cycle. Members should review, prioritize and list specifically those assignment options available to them on EQUAL.

Separate listings for assignments available at overseas locations plus assignments available for those returning from overseas areas are published quarterly. Special duty assignments appear on EQUAL-Plus and are updated weekly.

The military personnel flight and unit orderly rooms will have copies of the listings and can help people update their preferences. People who are on temporary duty during the advertising period should contact the nearest personnel office for assistance.

People can access the AFPC World Wide Web Home Page using the Uniform Resource Locator address <http://www.afpc.af.mil>. Then click on the highlighted "assignments" text to view the new list Feb. 4.

For more information, contact unit orderly rooms or the military personnel flight customer service staff at Ext. 1845.

Liberty Wing CFC results

During the recent Combined Federal Campaign the Liberty Wing raised nearly \$156,000.

Did You Know?

❑ The DD Form 93, "Record of Emergency Data," is the primary means for the Air Force to contact family members in the event of an emergency. To update it or check it's accuracy, visit military personnel flight customer service counter. (For more information, call Ext. 1845).

❑ On the first duty day, after returning from a contingency TDY people are required to contact the military personnel flight, personnel readiness unit in order to update your duty status. (For more information, call Ext. 3726 or 5134.)

Representatives contacted 99.9 percent of wing members and 26 percent participated. The following sections received awards:

48th Contracting Squadron — Gold Award
48th Support Group staff — Silver Award
48th Logistics Group staff — Silver Award
48th Fighter Wing staff — Bronze Award
48th Dental Squadron — Bronze Award

The gold award is for units that averaged \$100 in donations per person assigned. The silver award is for units that averaged \$75 in donations per person assigned. The bronze award is for units that averaged \$50 in donations per person assigned.

Home for the holidays winner

A1C Kathryn Casey, 48th Communications Squadron, was one of the USAFE Services grand prize winners in the "Home for the Holidays" promotion. Casey received two round-trip tickets to any location in the continental United States serviced by Delta Airlines, \$150 of rental car vouchers, \$120 of AT&T prepaid global phone cards and two limited-edition T-shirts. Casey plans to use the tickets to go to Dothan, Ala., to see her mother. The promotion was sponsored by AT&T and SATO Travel.

Air Force streamlines commissioning process

RANDOLPH AFB, Texas (AFNS) - The Air Force made things easier for program managers and applicants by streamlining the Airman Education and Commissioning Program, say Air Force Personnel Center officials here. The board process for AECP is transferring from the personnel center to Headquarters AFROTC at Maxwell AFB, Ala., in May.

AECP gives the service's active-duty enlisted members the opportunity to obtain a commission by allowing them to complete their college requirements on scholarship. The Air Force selects 35 people annually to take part in the program.

Previously, the personnel center hosted the annual board after applicants obtained confirmation of academic eligibility from the Air Force Institute of Technology. Following board selection, HQ AFROTC managed selectees through college, officer training school, and commissioning.

"Essentially, our objective is to reduce the amount of time from application deadline to announcement of results and to make sure applicants can easily understand the selection process," said Capt. Kevin Murnane of AFPC's officer accessions branch. "This consolidation allows us to streamline the process."

The next AECP board is scheduled for May. Requests for academic eligibility are due to AFIT by March 1. Applications are due by April 15, and should be sent to HQ AFROTC/RRUE, 551 East Maxwell Blvd., Maxwell AFB, AL 36112-6106. Questions regarding AECP applications can be answered by the education office at Ext. 3851 or sent via e-mail to enlcomm@falcon.rotc.af.mil.

Liberty Warrior

"Can do" person of the week



Photo by SSgt. Steve Ball

SSgt. Lee Richards

492nd Fighter Squadron

Hometown: San Antonio, Texas

Time in service: Eight years

Time on station: Three years

Role in mission: When deployed, I manage the health of 492nd Fighter Squadron members. At RAF Lakenheath, I help people get medical clearances for cross training and special duty assignments, I do physical exams and provide medical support for flying activities.

Where do you see yourself in 10 years? I'll still be in the Air Force hopefully with a commission and serving as a physicians assistant.

What do you like the most about Britain? Medieval history.

What would you do to make things better at RAF Lakenheath? I would increase parking and try to raise morale. I believe morale is low due to the high operations tempo.

Why did you join the Air Force? Education, travel and experience. I've been to Italy, Spain, Africa, Germany ... all over the place.

What do you like the best about the Air Force? The experiences I've gained.

Who is your role model and why? My parents. They always taught me to be fair and listen to all sides before making a judgement. They basically gave me a great foundation of values to build my life on.



MOD employee Dave Margle, a military transport mechanic, replaces wiring on a bus.

Photos by



Christine Eason, an MOD social worker and a substance abuse counselor, talks with a patient.

MOD employees: Important part of Lakenheath family

By SrA. Sarah Franco
Public affairs

Ministry of Defence employees are an important part of the RAF Lakenheath military family. Most people see them constantly, but few of us realize just how much they do to make jobs and lives easier at the Liberty Wing.

About 600 people work for the MOD here. They range from cooks to aircraft surface managers, from plumbers to legal assistants and education advisors to social workers.

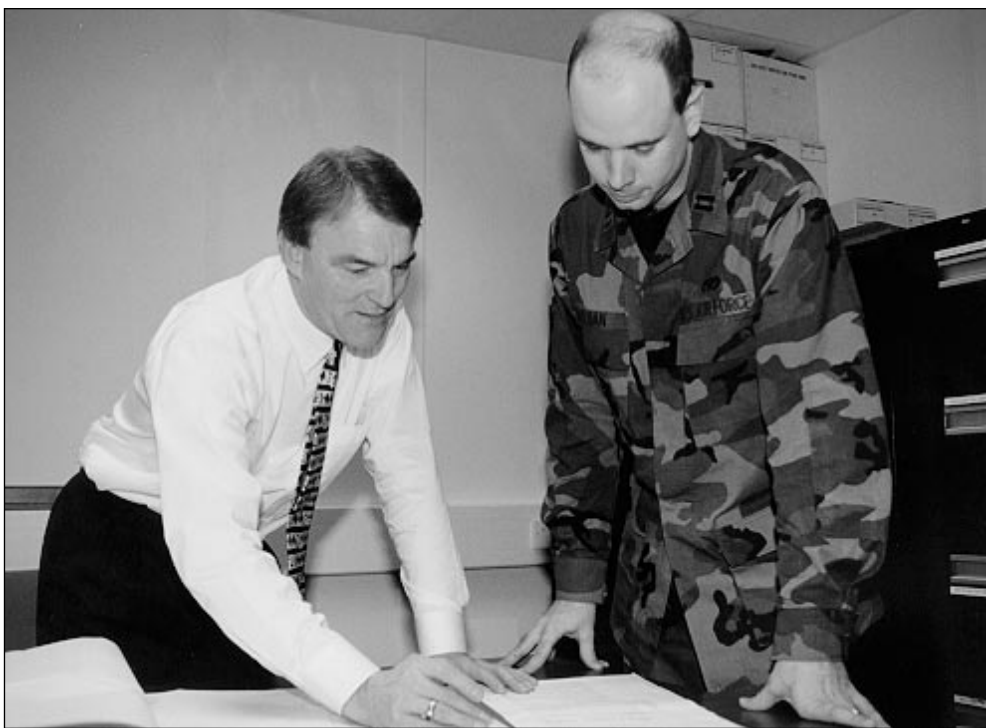
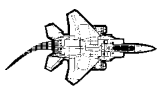
MOD employees are impor-

tant to Lakenheath because they provide a lot of support in many areas, said Squadron Leader Martin Godfrey, RAF commander.

“(The MOD employees) play an important role because they live here,” he said. “They provide continuity, an element service-members can’t.”

As an example, the housing facility section staff is three MOD people and five Department of Defense employees. They are responsible for finding housing for every military family that comes to Lakenheath.

“With our small staff, we take care of about 2,400 tenants at any given time,” said Mike Smith,



MOD employee Ron Cury, chief of engineering, and Capt. Mark Sloan, base development officer, review plans for an upcoming building project.

housing facility manager. "We play an important role in people's stay here, and we do a very, very good job. We come into contact with every military family that comes to Lakenheath.

"About 40 percent of the tenants leave each year and we take care of all that turnover with our staff."

Housing's job doesn't end when tenants move in, Smith said. Even after a family has been placed, the office takes part in their lives and well-being.

"Part of my job is to log disputes people have with their landlords," said Joanie Howse, housing referral assistant and MOD employee. That way, an inspector can check out the problem and help fix it.

"We don't put people into houses and forget them," Smith said. "People call us with all sorts of problems. We are points of contact when people are distressed and we meet their needs."

Another MOD employee who helps make life more comfortable for the Liberty Wing is Alison Clarke, assistant customer service manager at the commissary.

Part of Clarke's job is to assist in keeping the commissary running smoothly. She helps super-

vise the cashiers, who, in turn, help the 1500 customers who visit the commissary every day.

"Things get pretty frantic around here sometimes when we're checking registers, cashiers and keeping an eye on the cash office," she said. "We deal with all the monies, make sure everything balances, do schedules for the workers and deal with customer queries and refunds. I don't think people realize all we do.

"I think the commissary helps (provide known products to) the people stationed here. That has a huge effect on how people see Lakenheath."

Christine Eason is an MOD social worker and a substance abuse counselor at the 48th Medical Group. She brings a variety of different assets to counseling at Lakenheath.

"(Some of the assets) I contribute (include being) British and female," Eason said. "Because

I've grown up here, I have experiences where others may just have book information. I know the life and the ways here."

"Young military members and local nationals find Christine much more approachable at times," said TSgt. Spencer Ellis, Eason's supervisor. "She is a tremendous asset."

"I have a different sort of background than most people here," Eason said. "Our clients benefit from the diversity." She also spent some time in the military which she said gives her an understanding of the pressures military people deal with on a day-to-day basis.

Ellis has worked with MOD people for 10 years and considers them a vast asset to the Air Force.

"There are several good things about having MOD people work with the U.S. military," he said. "Continuity is one."

If people are pulled out of their work sections for whatever reason, MOD civilians help maintain things, Ellis said. They also help carry information from one staff to the next when people rotate and PCS.

"MOD workers also help strengthen Anglo-American ties," he said. "They help create stability, they know the area and they share that information. Working with MOD staff gives us the opportunity to get first-hand information about what to do and where to go."



Lesley Dunsford, an MOD supply storekeeper, inspects materials in the base services store.

SSgt. Steve Ball

National flag took years to create



For more information about living in Britain, call Linda Laws, community relations advisor, at Ext. 3145.

Our present-day national flag is a combination of the flags of St. George of England, St. Andrew of Scotland, and St. Patrick of Ireland, but it has taken a few centuries and some changes to reach the final version.

Origin of flags

The word "flag" is derived from the old Saxon or Germanic word "fflaken" or "ffloegan" meaning to fly or float in the wind. A flag usually flies from a vertical staff or mast, whereas a banner is flown from a horizontal bar.

The first Union Flag

The first Union Flag was used in 1606 and comprised the flag of St. George, a red cross on a white background, and the flag of St. Andrew, a white cross on a blue background.



The Cross of St. George (England)

Information on the background of the cross of St. George is rather sketchy, but it's probable that St. George became Patron Saint of England in 1277. St. George was martyred in the reign of the Roman Emperor Diocletian at or near Lydda (now Lod in Israel) around A.D. 303. The Cross was first used during the Welsh Wars of Edward I (1272-1307). Why St. George, rather than a native British saint, came to be chosen is a mystery. One theory is that as a soldier, he was popular with the crusaders. He assumed special symbolic importance in England as a result of King Richard I's (the Lionheart — 1189 - 99) crusade to Palestine (1189 - 92), during which the English king restored the church at Lydda containing St. George's relics to Christian hands. Richard adopted the saint as his army's patron and St. George is still the patron saint of soldiers.



Also dating from around this time is the famous legend of St. George and the dragon, which was probably based on Greek mythology. The story tells of Perseus rescuing Andromeda from a sea monster. According to this legend, a dragon with poisonous breath terrorised the region. After it had exhausted

the supply of sheep given by the people to placate it, it started to demand human offerings. The poor victims were drawn by lot. It came to the turn of the king's daughter, who was led to her fate in her bridal gown. But the intrepid St. George intervened, attacked the dragon with his lance and, when he had cornered it, offered to destroy it on condition that the people converted to Christianity. The feast day of St. George is April 23 and the symbol of England is a red rose.

The Cross of St. Andrew (Scotland)

Andrew was one of the 12 apostles of Jesus of Nazareth. He and his brother, Peter, were fishermen from Capernaum.



It was Andrew, a follower of John the Baptist, who brought Peter to Christ. According to legend, Andrew preached in Greece, but in A.D. 69 was crucified on a diagonal cross (known as a saltire in heraldic terms) and was buried in Patras in Greece.

In the year A.D. 370, a monk called Regulus, on hearing that the saint's remains were to be removed to Constantinople, took an arm bone and other portions of the body of the saint and escaped with these to sea. After a stormy voyage, he was wrecked on a rocky coast — which turned out to be Scotland. At the place Regulus is reputed to have landed, a church was founded to house the relics of the saint. It is believed that in A.D. 736 Angus, son of Fergus who was King of the Picts of Scotland, adopted St. Andrew as his patron saint. The church and the little hamlet that grew up around it has now become the university town of St. Andrews. His feast day is Nov. 30 and the symbol of Scotland is a thistle.

The Commonwealth Flag

This flag was in use from 1649 until 1801. On the left hand side (known as the hoist) was the Cross of St. George and the right (known as the fly) was a yellow harp (one of the symbols of Ireland) on a blue background.

Present Union Flag (1801-date)

The current flag now incorporates the Crosses of St. George and St. Andrew as well as the Cross of St. Patrick.



The Cross of St. Patrick (Ireland)

St. Patrick lived around A.D. 390-461 and was a major figure in the development of Christianity in Britain. Patrick was born in mainland Britain, but at the age of 16 was captured by Irish pirates and spent six years in slavery in Ireland. During this time, he converted to Christianity before escaping back to Britain. He is reputed to be buried

at Downpatrick Cathedral, which commemorates links with the saint with a 35-foot granite statue. Before the end of the 7th century, Patrick had become a legendary figure with stories of how he drove the snakes out of Ireland into the sea. He was also said to have used the shamrock to explain the concept of the Holy Trinity. His feast day is March 17 and the symbols of Ireland are the shamrock and harp.



The Irish have never used the Cross of St. Patrick as a national emblem and, on becoming an independent country, Eire (southern Ireland) adopted a quite different flag — a vertical tricolour of green, white and orange.

The Flag of Wales

The flag of Wales isn't featured as part of the Union Flag. It is quite a distinctive flag with a white top half and a green bottom half and the symbol of a red dragon in the centre. The flag is known as Y Ddraig Goch (the Red Dragon). The dragon is probably the oldest emblem in continuous use in the British Isles. White and green were the livery colours of the Princes of Wales (the current Prince of Wales is Prince Charles, son of the Queen).



The "Jack"

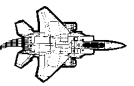
The Union Flag is often referred to, incorrectly, as the Union Jack. A "Jack" means "a diminutive of the National Flag flown from the bows of a ship." The term "Jack" was first used by the British Navy and described the Union Flag that was at that time flown at the main masthead. Flags which have a badge are also called "Jacks."

The Royal Air Force Ensign

You will note that it isn't the Union Flag which flies alongside the Stars and Stripes at Lakenheath. Rather, it is the RAF Ensign. This is because the base is a military establishment of the Royal Air Force. The RAF Ensign has a light-blue background and the Union Flag in the top left-hand corner. It also has the distinguishing mark used on aircraft of the Royal Air Force — a roundel of red, white and dark blue. The blue is on the outside of the target and the red is in the centre.



The colours of the Royal Air Force are red, dark blue and air force blue. The red represents the Royal Flying Corps in the British Army. The dark blue represents the Royal Naval Air Service of the Royal Navy. These represent the two arms from which the Royal Air Force sprang. The lighter blue represents the Royal Air Force in the air.



AAFES facility hours

AAFES facilities at RAFs Lakenheath and Mildenhall have different hours this week for inventory counts.

Saturday

Shoppette -- closes at 8 p.m.

All other facilities -- normal hours.

Sunday

Shoppette -- Closed

Four Seasons -- Closes at 8 p.m.

All other facilities -- normal hours.

Monday

Barber/beauty shops -- normal hours

Burger King/Popeyes -- normal hours

Mildenhall food mall -- normal hours

Shoppette -- opens at 6 a.m.

Base exchange food facilities -- open 11 a.m. - 6 p.m.

Theaters -- normal hours

Gasstations -- normal hours (gas only)

All other facilities -- closed

Tuesday

All AAFES facilities resume normal schedules. Four Seasons opens at 6 a.m.

are available at the education center. For more information, call TSgt. Greg Gartrell at Ext. 3224.

Neighborhood Watch meeting

A Neighborhood Watch meeting is 7 p.m. Feb. 11 at the Newmarket Community Center. For more information, call SrA. Regina Wilson at Ext. 1424.

Aero club special

The aero club offers a two-for-10 program through March. When members fly 10 hours in one month, they get two hours free. Stop by the aero club to pick up a punch card or call Ext. 3152 for details.

Wing annual awards banquet

The 48th Fighter Wing Annual Awards Banquet is Feb. 15 at the officers' club. The event starts at 6 p.m. and dinner is 7 p.m. Attire is mess dress or semiformal. Cost is \$20 per person. For details, contact squadron first sergeants.

Red Cross

☐ The Red Cross accepts applications for volunteer dental assistant training through Jan. 31. The classes begin Feb. 18.

☐ A baby-sitting instructor class is from 9 a.m. - 5 p.m. Saturday and Feb. 1.

☐ The Red Cross needs a chairman for RAF Feltwell elementary school volunteers.

For more information, call the American Red Cross at Ext. 1855.

Wee Joy at chapel

The chapel Wee Joy program is available for children 6 months to 3 years old. While children attend, parents are free to attend worship services and religious education classes. For more information, call the chapel at Ext. 3711.

National prayer breakfast

The national prayer breakfast is 7 a.m. Thursday at the officer's club. The guest speaker is Chaplain (Col.) Lorraine Potter, USAF command chaplain. Tickets cost \$4 and are available at the chapel or unit orderly rooms.

New York tax amnesty

New York offers a tax amnesty program to give taxpayers the opportunity to pay taxes from past years, penalty free. The amnesty covers all taxable periods that ended before Jan. 1, 1995. Deadline is Jan. 31. For details, call Capt. Jennifer Dickey at Ext. 3553.

Girl Scout anniversary

The Anglia Girl Scouts sponsor an 85th Anniversary reunion March 8 for all active and former scouts. The reunion will kick off Girl Scout Week March 8 - 15. For more information, call (01638) 521675.

Valentines Day messages

The "Jet 48" publishes Valentines Day messages in the Feb. 14 issue of the magazine. Submit messages to public affairs in writing or through e-mail (48FW/PA@48FW.lakenheath.af.mil). Messages are limited to 30 words. All submissions should include name and phone number of submitter. For details, call Ext. 2151.

NCO induction ceremony

An NCO induction ceremony is 4 p.m. Feb. 3 in the Liberty Club for all senior airmen being promoted to staff sergeant in February. For more information, call MSgt. Jimmey Donica at Ext. 3004.

Scholarship award

The 13th Masonic District accepts applications for its annual scholarships award. First place is \$1,200, second place is \$800 and third place is \$500. Deadline for applications is April 1. Active-duty members, civilians and high school seniors are eligible. Applications

Chapel services

For a schedule of chapel services and other chapel activities, call Ext. 3711.

Family support

Contact the family support center staff at Ext. 3847 for information on any of the following programs, or stop by Bldg. 692. All classes are held in the center unless otherwise noted.

Financial workshop

A financial workshop for senior airmen and below is from 1 - 3:30 p.m. Monday in the conference room. The meeting is mandatory for newly assigned E-4s and be-

low on their first overseas assignment. The briefing advises military members and their families on such topics as personal budgeting, checking account maintenance, and debt management; managing your money in England, dual currency, billing procedures for utilities and more.

Community information

A community information briefing is 11 a.m. - noon Tuesday in the officers' club ballroom. Base agencies brief

what's going on in the community with schools, Army Air Force Exchange Service facilities, 48th Services Squadron activities and more.

Separating, retiring

A workshop for people planning to separate or retire soon is 2 - 4 p.m. Wednesday. This workshop helps people identify critical areas so they can prepare for these changes in advance of separation or retirement.

Time management

A time management workshop is 11:30 a.m. - 1 p.m. Thursday. This workshop helps people become better managers of their time by learning

how to set priorities and develop personal action plans.

Parents of newborns

A class for parents of newborns and expectant parents is 9 a.m. - noon Jan. 31 in the conference room. Topics include budgeting for the new baby, basic parenting principles, information on building child self-esteem, communication, effective discipline, redirecting misbehavior and an overview of the book "Your Baby's First Year." Participants receive a free bundle of baby supplies.

Foreign-born spouses

The foreign-born spouses group meets the first and last Friday of each month.

What's on at

48th Services
RAF LAKENHEATH
Combat Support & Community Service

Friday — Jan. 24

- The fitness and sports center offers free classes including step aerobics at 6:15 a.m., 11 a.m. and 5:30 p.m.; aerobics at 9:30 a.m. and an abdominal workout at 10:30 a.m. (Ext. 3249)
- The "Fabulous Picasso Brothers" play at the rod and gun club from 9 p.m. - 2 a.m. (Ext. 2368)
- TGI Friday buffet and DJ Night at the officers' club at 5 p.m. (Ext. 2535)
- Storkersize at the pool is 1:30 - 3 p.m. (Ext. 2815)

Saturday — Jan. 25

- Caribbean Nights at the Liberty Club is sponsored by AT&T and begins at 8 p.m. (Ext. 3869).
- The women's varsity basketball team plays in London at 11 a.m. The men's varsity team plays RAF Croughten at Lakenheath at 11 a.m. (Ext. 3249)
- "Jack and the Beanstalk" is presented by Norwich Puppet Theatre at the library at 11:30 a.m. and 2:30 p.m. (Ext. 3713)

Sunday — Jan. 26

- An all-ranks Superbowl party at the Liberty Club begins at 9 p.m. The game begins at 11 p.m. (Ext. 3869)
- Information, Tickets and Tours sponsors a tour to Windsor Castle at 8 a.m. (Ext. 2979)
- Video rentals are \$1, except new releases, at Electric Avenue. (Ext. 2067)
- The scuba club meets at the rod and gun club at 4 p.m. (Ext. 2146)

Crud tournament

The officers' club and Fosters sponsor a crud tournament for membership night Jan. 31. This event is free to all club members and \$5 for guests. There is also a free buffet and drink specials. For details, call Ext. 2535.

Puppet theatre

The performances are full for "Jack and the Beanstalk" Saturday at the library. People who have signed up and aren't able to attend should tell the library staff so others can fill those spaces. The shows are at 11:30 a.m. and 2:30 p.m. For more information, call Ext. 3713.

Job opportunities

The 48th Services Squadron has a job opening for a certified clinical veterinarian and a certified surgical veterinarian. For more

information, call Geri Beer at Ext. 2232.

The services squadron needs qualified instructors for the following contract positions: piano teacher, guitar teacher, Spanish teacher, water aerobics teacher, dog and puppy obedience teacher. For more information, call Rick Rice at Ext. 2232.

New skate night

Friday nights at the skating rink are open to people 13 and older beginning Feb. 7. Skating is from 7 - 11 p.m. for \$3 per person. Skate rental is \$1. For more information call Ext. 1627.

Upcoming classes

The arts and crafts center offers classes in wreathmaking, wedding arrangements, book binding, darkroom and developing, silk painting, cake decorating and egg decorating.

The woodcrafts center offers classes in woodcarving, basic woodworking and woodturning.

The auto crafts center offers "Get to Know Your Car" basic maintenance classes.

For more information, call the arts and crafts center staff at Ext. 2194 or the wood crafts center staff at Ext. 3367 or the auto hobby shop staff at Ext. 2454.

Bingo at Liberty Club

The Liberty Club offers bingo Tuesdays. Doors open at 6 p.m. and the first game begins at 7:30 p.m. There is more than \$2,000 to give away in cash and door prizes. Packages start at \$10 and games include u-pick-ems, bonanza bingo, accumulators and quick shot. For details, call Ext. 3869.

Feltwell CAC

The RAF Feltwell Community Activities Center sponsors a dart tournament at 2 p.m. Saturday. Registration is 1:30 p.m. and costs \$3. Call Ext. 7022 for more information.

At the movies

RAF Lakenheath

Friday

7 p.m. — "Fly Away Home" (PG) Starring Jeff Daniels and Anna Paquin. Young Amy must deal with the death of her mother and the sudden presence of her long-absent father. She takes comfort in sheltering orphaned geese and learns to pilot an ultra-light aircraft to lead them to a winter home.

9:30 p.m. — "Thinner" (R) Starring John Burke and Joe Mantegna. Based on Stephen King's 1985 novel about an obnoxious 280-pound lawyer who's been cursed by an old gypsy. No matter how much he eats, he loses three pounds a day.

Saturday

4 p.m. — "Dear God" (PG) Starring Greg Kinnear and Laurie Metcalf. A small-time con artist is sentenced by a judge to spend a year in the post office's dead letter section where all the mail is addressed to Elvis, Santa and God.

7 p.m. — "Larger Than Life" (PG) Starring Bill Murray and Janeane Garofalo. Murray's inheritance is much larger than he expected, but it isn't money. Accepting it puts him into an immediate huge debt, and he must transport it cross-country to even hope to break even. It's a fun-filled trip with Murray and his larger than life friend.

9:30 p.m. — "The Long Kiss Goodnight" (R) Starring Gena Davis and Samuel L. Jackson. An ordinary housewife with amnesia hires a private detective to help her uncover her past. Together, they discover that she's actually a highly trained secret agent.

Sunday

4 p.m. — "Larger Than Life" (PG)

7 p.m. — "Sleepers" (R) Starring Kevin Bacon and Robert DeNiro. Four friends from New York's Hell's Kitchen wind up in reform school when a teenage prank goes wrong. A murder there will haunt them long after their release.

Monday

7 p.m. — "Sleepers" (R)

Tuesday

7 p.m. — "Dear God" (PG)

Wednesday

7 p.m. — "Dear God" (PG)

Thursday

7 p.m. — "Larger Than Life" (PG)

Jan. 31

7 p.m. — "Larger Than Life" (PG)

9:30 p.m. — "Sleepers" (R)

RAF Mildenhall

Friday

7 p.m. — "Dear God" (PG)

Saturday

7 p.m. — "Ransom" (R) Starring Mel Gibson and Rene Russo. This is a thriller about a high-powered tycoon whose life is turned upside-down when his son is kidnapped. After an FBI plan fails, the father uses his business and negotiating skills to get his son back.

Sunday

7 p.m. — "Romeo and Juliet" (PG-13) Starring Leonardo DiCaprio and Claire Danes. Two modern-day lovers are doomed by a force beyond their control — their families.

Monday

7 p.m. — "High School High" (PG-13) Starring Jon Lovitz and Tia Carrera. A teacher leaves his position at a private school run by his father to teach at a notorious inner-city school. The school is a battleground and even has it's own cemetery.

Tuesday

7 p.m. — "Ransom" (R)

Wednesday


7 p.m. — "Ransom" (R)

Thursday

7 p.m. — "Romeo and Juliet" (PG-13)

Jan. 31

7 p.m. — "High School High" (PG-13)



Knights Table

Today
Lunch: grilled ham steak, simmered corned beef, baked chicken
Dinner: steak smothered with onions, roast fresh ham, tuna-and-noodle casserole

Saturday
Lunch: veal Parmesan, roast loin of pork
Dinner: Hungarian goulash, shrimp scampi

Sunday
Lunch: roast veal, turkey pot pie
Dinner: meat loaf, barbecued pork loin

Monday
Lunch: beef pot roast, Cantonese spareribs, turkey tetrazzini
Dinner: scalloped ham and noodles, vegetarian stuffed cabbage, pancit chicken

Tuesday
Lunch: sesame chicken, New England boiled dinner, stir-fry beef with broccoli
Dinner: roast beef, baked stuffed pork chops, red beans and sausage

Wednesday
Lunch: beef brogul, sauerbraten, pork schnitzel with lemon slices
Dinner: Swiss steak with tomato sauce, pineapple chicken, Chinese beef skillet

Thursday
Lunch: vegetarian spaghetti sauce, turkey cutlet, baked stuffed pork chops
Dinner: beef-and-corn pie, tempura fried fish, turkey nuggets

Superbowl party

The Liberty Club sponsors a Superbowl party beginning at 9 p.m. Sunday with sports bloopers and follies showing on a big-screen television until the pregame show. This event is open to all ranks and is free to club members. Guests pay \$5 at the door. Door prizes are given throughout the evening. The staff holds drawings and there will be a contest to guess the correct scores of the first, second and third quarters and the final score. For more information, call Ext. 3869.

PACKERS
vs.
PATRIOTS

Sports Shorts

Coach certification

The youth center sports program staff sponsors coach certification clinics at 5:30 p.m. Feb. 27 and March 3. People must attend this clinic to be able to coach. The next sports season is in-line hockey. All enrollees must pre-register for the clinic by calling the youth center staff at Ext. 3180.

In-line hockey

Registration is underway for in-line hockey for youth ages 5 - 18. The season is March 15 - April 19. For more information, call Ext. 3180.

Varsity basketball

The women's varsity basketball team plays London, away at 11 a.m. and the men's team plays RAF Croughten at the fitness and sports center at 11 a.m. Saturday. For more information, call Ext. 3607.

Massage now available

The fitness and sports center offers massages. The prices are: \$30 for full body, \$16 for back massage, \$13 for legs and buttocks, \$13 for arms and shoulders, \$8 for foot massage, \$8 for hand massage, and \$13 shoulder and neck. To schedule an appointment, call Ext. 3607.

Tae Kwon Do

The community activity center staff offers Tae Kwon Do classes 11 a.m. - 1 p.m. every Sunday. Cost is \$25 for four sessions. For details, call Ext. 2221.

All-star Saturday

The fitness and sports center sponsors an intramural basketball all-star activity day Feb. 22. The day includes the over 30's championship game as well as the regular intramural championship game. In addition, there is a three-point shoot-out and a slam dunk contest. For details, call Ext. 2391.

Swimming lessons

The swimming pool offers lessons for children and adults. Registration for the next children's lessons sessions is through Feb. 4, with classes beginning Feb. 5. Adults classes are from 8 - 9 p.m. Tuesdays and Thursdays. Call Ext. 2815 for details.

Skating rink

The skating rink staff books birthday parties during regular skating sessions. The staff provides games, prizes and face painting for party members. For more information, call Ext. 1627.

Lifeguard needed

The 48th Services Squadron accepts applications for lifeguards. Applicants must be Red Cross certified or the equivalent and must be 16 years old or older. For details, call Ext. 3166.

Liberty Lanes

Liberty Lanes offers a Winter Wonderful 30-game punch card for \$25. The cards are valid until March 31 and can be used any time during open bowling. For more information, call Ext. 2108.

Jets skate past Oxford

By Jeff Barr
Jets assistant coach

The 3rd Air Force hockey team displayed dominance for a second week defeating the visiting Oxford All-Stars 12 - 4 at the Peterborough Ice Arena Sunday.

The Jets were held to a 3 - 3 tie at the end of the first period by and Oxford team that included players from the British Junior National team. During the second period, however, the Jets demonstrated their teamwork and finesse as they scored eight unanswered goals to put the game away.

Mike Nicholas led the Jets with two goals and three assists along with Frank Daldine who knocked in three goals and had two assists. Other key contributors included Pay Flynn, three goals and one assist; Mike Blagoue, two goals and two assists and Sean Green with two goals.

The Jets take on Cambridge University at 6:30 p.m. Monday at the Peterborough Ice Arena. Admission is free.

For information about how to become part of the team or how to get to the arena, call Ext. 3090.



Photo by SrA. Jeff Capenos

Reaching up. . .

Kenneth Love, Dental player, leaps over an SPS Badger, during intramural action Tuesday night. Dental won the game 43-42 taking their record to 15-4, while the Badgers are now 18-3.